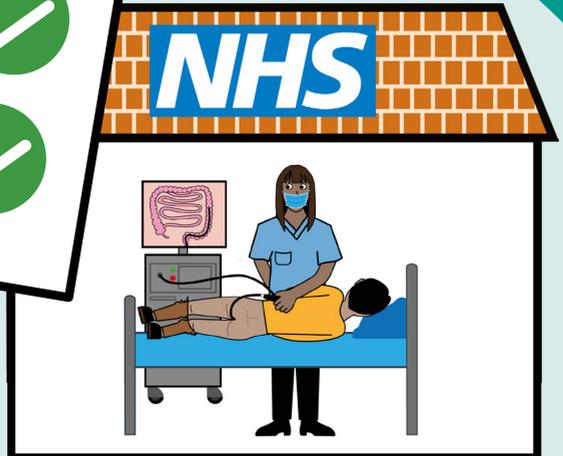
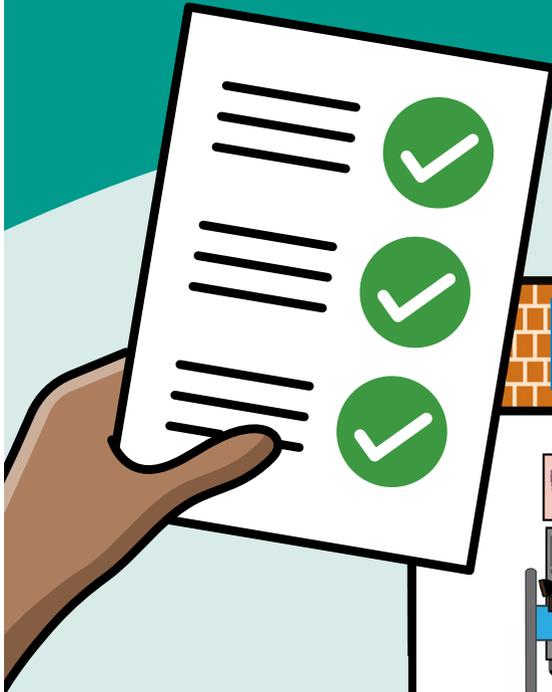


# Bowel preparation pre-surgery or test

Information for patients  
and carers

**Easy  
Read**



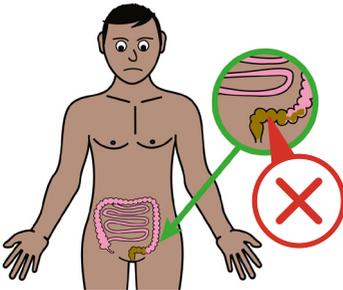
## easy read



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

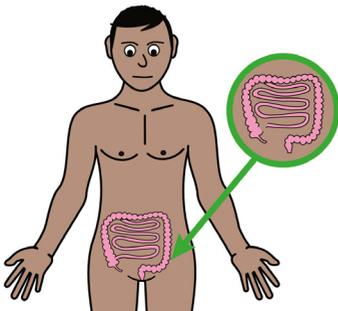
## empty bowel



You need to come to hospital for an operation or procedure.

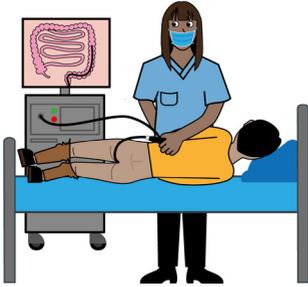
The doctor has said that your bowel needs to be empty for this.

## bowel



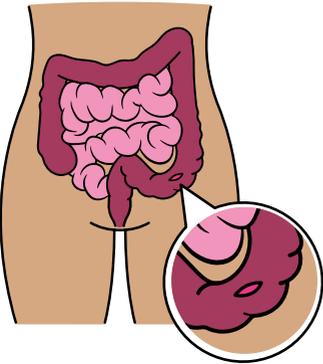
Your bowel is the tube that carries your poo from your stomach to your bottom or stoma.

## see clearly



This needs to be empty so they can see it more clearly.

## bowel damage



Or to reduce any risks of it getting damaged.

## medicine



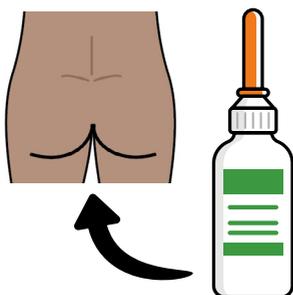
You will need to take some medicine to empty your bowel.

## drink



This can sometimes be given as a drink.

## enema



And sometimes it will be given as an enema.

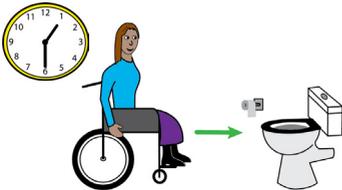
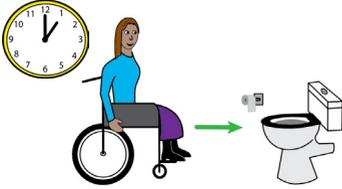
This is when they insert a tube into your bottom and squeeze medicine straight into your bowel.

## follow instructions



It is very important you follow the instructions given to you.

## need toilet more



This will make you go to the toilet more often.

## watery poo



It will likely you make your poo very watery and loose.

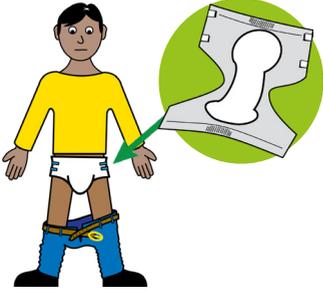
Like diarrhoea.

## near toilet



You may want to plan where you go so you can stay near a toilet.

## incontinence pads



You may need to wear pads.

## better



This should get better after the procedure.

## drink water



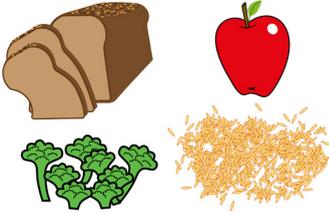
Make sure you keep drinking water.

## pre-op plan

things that you need to do	
✓	✓
✓	✓
✓	✓
✓	✓
✓	✓
✓	✓
✓	✓



## less fibre



## instructions



## ask



Doctors may tell you to change what you eat for a few days before the procedure.

You may need to eat less fibre.

You will be told what tablets to take and when to stop eating or drinking.

If you are unsure, please ask someone.

## phone number



Please check your clinic letter for your departments telephone number.

## health passport



If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on:

**leedsth-tr.lidautism@nhs.net**



## What did you think of your care?

**Visit:** [www.leedsth.nhs.uk/patients/support/feedback-complaints/friends-family-test/](http://www.leedsth.nhs.uk/patients/support/feedback-complaints/friends-family-test/)

*Scan or click the QR code - Your views matter*



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